



Hello Mount Washington School Families,

The 2023-2024 school year has begun, and our teachers and staff are working diligently to give our scholars what they need to thrive both academically and physically. For our young learners this year, lunch periods take place earlier in the daily schedule, which may cause students to be distracted by hunger later on in the day. To alleviate these distractions, and for supporting our scholars to the best of our abilities, teachers in grades pre-k through 3rd will have a designated snack time in their classrooms every day. Scholars may bring a snack from home, or pick a snack from the class's communal bin.

Bringing Snacks From Home

- Only healthy snacks such as fruits and vegetables that will help students' focus and concentration are strongly encouraged
- No juice or soda is permitted in the classroom
- No peanut products or products that may contain peanuts (please check ingredients labels carefully)
- No milk products or products that may contain milk (please check ingredients labels carefully)

Communal Snack Contributions

- Parents may contribute to the purchasing of snacks for their child's entire class.
- Due to severe allergies of some of our students, snacks can only be chosen from the following options:



1. Made Good Granola
2. AppleSauce pouches
3. Snyder's Pretzels
4. Nut Free Animal Crackers

We hope that these options will help us to have a more productive school day and encourage our students' bright minds to continue working hard and giving their best. Thank you for being a wonderful community, fostering the health and well-being of our school. We appreciate all of your support and contributions throughout the year.